

Whole Grain Cereal with Squash (for Toddlers)



Prep:

5 minutes

Total:

20 minutes

Makes:

2 cups

Utensil:

Saladmaster Food Processor
1 Qt./9 L Sauce Pan with Cover

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Recipe:

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Recipe Description:

This recipe makes a great warm breakfast for toddlers - it's filled with fiber and protein, and the added squash provides beta-carotene to strengthen their immune system. The sweetness from the squash also eliminates the need to add extra sweeteners.

1/2 cup
uncooked 7-grain cereal (used Bob's Red Mill)
(82 g)
1 1/2 cups
water
(350 mL)
1/2 cup
butternut squash, raw
(70 g)

Directions:

1. Add cereal and water to the sauce pan and stir.
2. Julienne butternut squash using the Saladmaster machine and Cone #2. Add to sauce pan.
3. Cover and cook on medium heat. When the Vapo-Valve™ clicks, reduce heat to medium-low and cook for 10 minutes. Serve warm.

Nutritional Information per

▼ Serving

Calories: 156

Total Fat: 2g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 7mg

Total 32g

Carbs:

Dietary Fiber: 7g

Sugar: 2g

Protein: 6g